**Moment in time**

**It felt terrifying I was so nervous that the palms of my hands were sweating and my eyes almost popped out of my head. I swallowed hard and put one foot back and let go of the rope a little bit. Below me my mum was cheering me on. The rough rope was cutting into my hands. I was scared out of my wits, as I slowly went down the wall and made it down to the bottom. Everyone patted me on the back.**